

Department of Public Instruction

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<http://www.nd.gov/dpi>



Safe and Healthy Schools – March 2016 Update

Funding Opportunities

The **Safe & Healthy Schools** unit in the ND Department of Public Instruction (DPI) has posted a new "Funding Opportunity" document dated March 2016 which can be found at:

<https://www.nd.gov/dpi/SchoolStaff/SafeHealthy/WhatsHot/FundingOpportunities/>

March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The theme for 2016 is "Savor the Flavor of Eating Right," This year's theme encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. For more information: <http://www.eatrightpro.org/resource/media/press-releases/national-nutrition-month/national-nutrition-month-2016>.

North Dakota Physical Education Standards Training Course: Game On! Second Half

Don't forget if you attended the *First Half* of the Game On! Training in the Fall of 2015, you can complete the *Second Half* of the game this Spring. The training will include sample standards-based tasks and activities, best practices and the opportunity to participate in level-specific curriculum development, President's Youth Fitness Program, common core and technology integration. Please contact the REA of the session where you attended the *First Half* for further details and registration information. Game On! Making the 2015 North Dakota Physical Education Standards Work for You Training Dates coming up:

NCEC (*Westhope*) – <http://www.ncecnorthdakota.org/>

March 7, 2016 Second Half

RRVEC (*Grand Forks*) – <https://sites.google.com/a/rvecnd.org/rvec/>

March 23, 2016 Second Half

SEEC (*Fargo*) – https://www.escweb.net/nd_seec/

March 30, 2016 Second Half session: # 32028

RESP (*Dickinson*) – https://www.escweb.net/nd_resp/

April 13, 2016 Second Half session: # 32045

GNWEC (*Williston*) – To register contact: keith.s.rath@sendit.nodak.edu

April 16, 2016-Second Half

Graduate Credit is available for \$50 upon the completion of BOTH *First Half* and *Second Half* sessions: www.ndsu.edu/dce/k-12/k12_listing. If you have questions related to the training schedule in your REA or on graduate credit, please contact Lyndsi Engstrom at lyndsi.engstrom@ndmdec.com.

Health Tracks “101” Training

The Early and Periodic Screening, Diagnosis & Treatment (EPSDT), or “Health Tracks”, as it is referred to in North Dakota, is part of the Medicaid program specific to children under 21 years of age. There was a Health Tracks “101” training that took place on February 23 and was recorded and should be available by March 1st. For more information please see the following website: www.ndpanda.org.

Teens and Drug Abuse

For information on the science behind drug abuse, see the US Department of Health and Human Services National Institute on Drug Abuse website: <https://teens.drugabuse.gov/>.

For detailed information on the brain, how drugs affect the brain, addiction and factors that increase risk for addiction, recognizing if someone has a drug problem, treatments for drug addiction, etc. see: <https://teens.drugabuse.gov/drug-facts/brain-and-addiction>.

Healthy Students, Promising Futures: State and Local Action Steps and Practices to Improve School-Based Health

For details on five High-Impact Opportunities to improve school-based health please see the document: http://content.govdelivery.com/attachments/USCDCNPIN/2016/01/14/file_attachments/474792/Healthy%2BStudents%252C%2BPromising%2BFutures.pdf.

Every Kid Healthy Week

Schools are encouraged to participate in the fourth annual Every Kid Healthy Week celebration, April 25-29, 2016. Whether just starting out or celebrating all your school’s health and wellness accomplishments, join the movement by hosting and registering your Every Kid Healthy Week event. Find ideas and resources for Every Kid Healthy Week events at www.EveryKidHealthyWeek.org.